

59 Seconds Think A Little Change Lot Richard Wiseman

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59 Seconds: Think a Little, Change a Lot. In \"59 Seconds,\" psychologist Professor Richard Wiseman presents a fresh approach to change that helps people achieve their aims and ambitions in minutes, not months.

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Book Summary: 59 Seconds by Professor Richard Wiseman

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Why is the book 59 Seconds: Think a Little, Change a Lot by Richard Wiseman a different kind of self-help book? It's because Richard Wiseman has actually looked into real self-help techniques that have actually been tried out to see if they work or not.

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59 Seconds – Think a Little, Change a Lot (My Review and ...

Although 59 seconds has an interesting topic, it misses the stated objective ' think a little, change a lot'. The book tries to come up with as much as possible myth-busting ideas about the human psychology, but lacks structure.

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